

Celebrating Military Family Month



Dobbins Family Support Newsletter

"News You Can Use"

MILITARY FAMILY MONTH



November is the *Month of the Military Family*. It honors the dedication and sacrifices military families make so the service member can "protect and defend the United States against all enemies foreign and domestic." The month long celebration expands the congressional-

ally-designated *Your* encouragement helps prepare them for the important tasks they undertake in the defense of our freedom." Thanksgiving. The Armed Services YMCA (ASYMCA) sponsors *National Family Week* and *Military Family Month*. In recognition of the celebration, President Bush sent greetings to all military families stating: "Our nation is strong because of our brave men and women in uniform...I thank our military families for their continued support of our service members."

ASYMCA is sponsoring an art contest with a prize of a \$500 savings bond. Children in kindergarten through sixth grade are eligible to enter their original drawings. For a copy of the contest guidelines, please visit their website at www.asymca.org. Deadline is 1/26/04.



FAMILY TEAM BUILDING

Corporate team building has become a foundation for supporting good working relations, satisfying work environments, increased productivity and worker satisfaction. These and even greater benefits can be achieved when families are a good team. The stakes are greater than in business since the results of the family team affect everyone over generations. Some of the key components of a good family team is

bonding, time, communication, shared activity and intimacy. Just as in corporate team building, one of the easiest ways to get team members talking and interacting is through activity. One thing is for sure, in any challenging activity, issues between members that need to be resolved will surface! The challenge then is meet those issues and resolve them to continue the process.

If your family needs helping in

team building, contact the Family Service Center for helpful ideas and resources. You can also visit Air Force Crossroads at www.afcrossroads.com.

Remember Together Everyone Achieves More! Go TEAM!



94th AW Dobbins ARB

November, 2003

8 Keys To Military Family Success

1. **INVOLVEMENT.** Show interest in one another's lives.
2. **RESPECT.** Accept differences without being judgmental.
3. **ENCOURAGEMENT.** Support each other and be good listeners.
4. **SERVICES.** Make use of your bases family center for support.
5. **TIME.** Share meals, chores and activities.
6. **SHARE.** Involve all family members in responsibilities and decision-making.
7. **READINESS.** Devise a family plan for deployments and separations.
8. **PRIDE.** Celebrate success and encourage family members to do their best.

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94 AW Family Support Center
1430 First Street, Building 838,
Room 1321
Dobbins ARB, GA 30069-5010

"Achieving Mission Readiness
Through Family Readiness"

**The FSC Center
has moved! We
are now on the
first floor of Bldg.
838, Room 1321!**

Fun Single Activities

- ♥ Enjoying a good meal with a good book.
- ♥ Meeting new people
- ♥ Painting pottery
- ♥ Having a solo travel adventure

Check One: ☐ Married ☐ Divorced ☒ Single

Single military members accounted for at least 38% of Air Force Reserve members according to Air Force Personnel Center's September 2003 statistics. The Dobbins Family Support Center takes a special interest in our single members especially at deployment. These members are likely to indicate that they don't have a family when asked if they is anyone that they want the FSC to be a supportive resource for during their deployment simply because it isn't a spouse or legal dependent. But, who makes up a family is a personal interpretation. It may be a boyfriend, girlfriend, cousin, neighbor, co-worker, babysitter or even an elderly parent or grandparent. So during National Military Family month, consider the people in your life that facilitate your participation in the Reserves and celebrate them. If you check the "single" box, remember that single doesn't mean alone.

Pencil Me In! Finding Time For You and Your Family There's only 24 hours in a day, so how do you find time for you and your family? After working eight hours and commuting for two more, that leaves precious little waking time to actually do the things you want to do. The Family Support Center is interested in how our Dobbins families are balancing home, civilian work and military commitments. We want to share your ideas to help others. Send us an email at 94sptg.fr@dobbins.af.mil.



THANKSGIVING FACTS

- ◆ This year Thanksgiving will be celebrated on November 27th.
- ◆ The Friday after Thanksgiving holiday shopping frenzy informally signals the start of the Christmas buying season.
- ◆ Turkey meat contains an amino acid called L-tryptophan which travels through the digestive track to eventually become serotonin which causes sleepiness.
- ◆ The first Thanksgiving took place in 1621.
- ◆ Ninety Native Americans and 52 Pilgrims attended the first Thanksgiving which lasted 3 days.
- ◆ Pilgrims wore brightly colored clothes not black and white as usually depicted.
- ◆ The Native Americans wore deerskin and fur, not blankets.
- ◆ In 1863 President Lincoln declared Thanksgiving a national holiday, but it remained unsanctified by law until President Roosevelt signed a bill in 1941 that established the fourth Thursday in November as the national holiday.



Looking for freebies? Check out www.military.com for the latest free stuff & discounts for military families.